

Ideas from Jamie Oliver

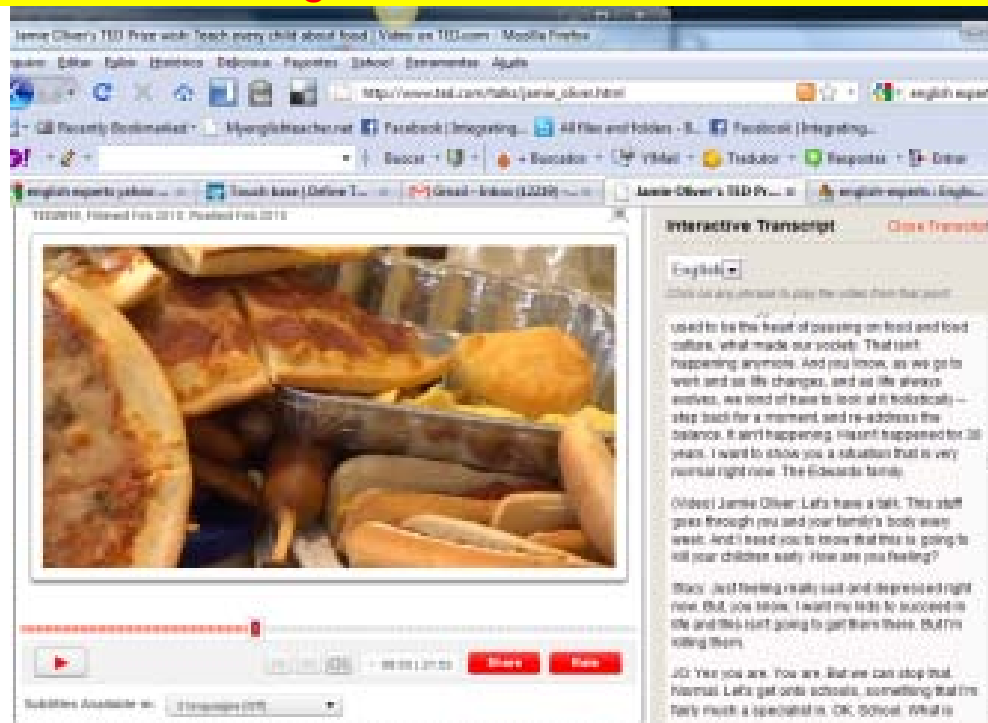
On Changing Bad Eating Habits

Click on the link to watch the video:

http://www.ted.com/talks/jamie_oliver.html

It has a transcript on the left.

If you click on a word, it brings the video to where that word was spoken



Then answer the questions in the following slides:

What costs our economy more?

- A. smoking
- B. obesity

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- B. obesity ✓

What percent of Americans are obese?

- A. 50%
- B. 30%

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How long has the food industry been supplying fast food?

- 30 years
- 30 months

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- 30 months

Can the food industry police itself?

- A. yes
- B. no

Can the food industry police itself?

- A. yes
- B. no ✓

What is fast food?

- Pizza
- Wieners (hotdogs)
- Burgers
- Fries (French fries)
- All of the above

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How long would it take to reeducate our children about food choices?

- In one study it took 2 hours to teach children to recognize healthy foods.
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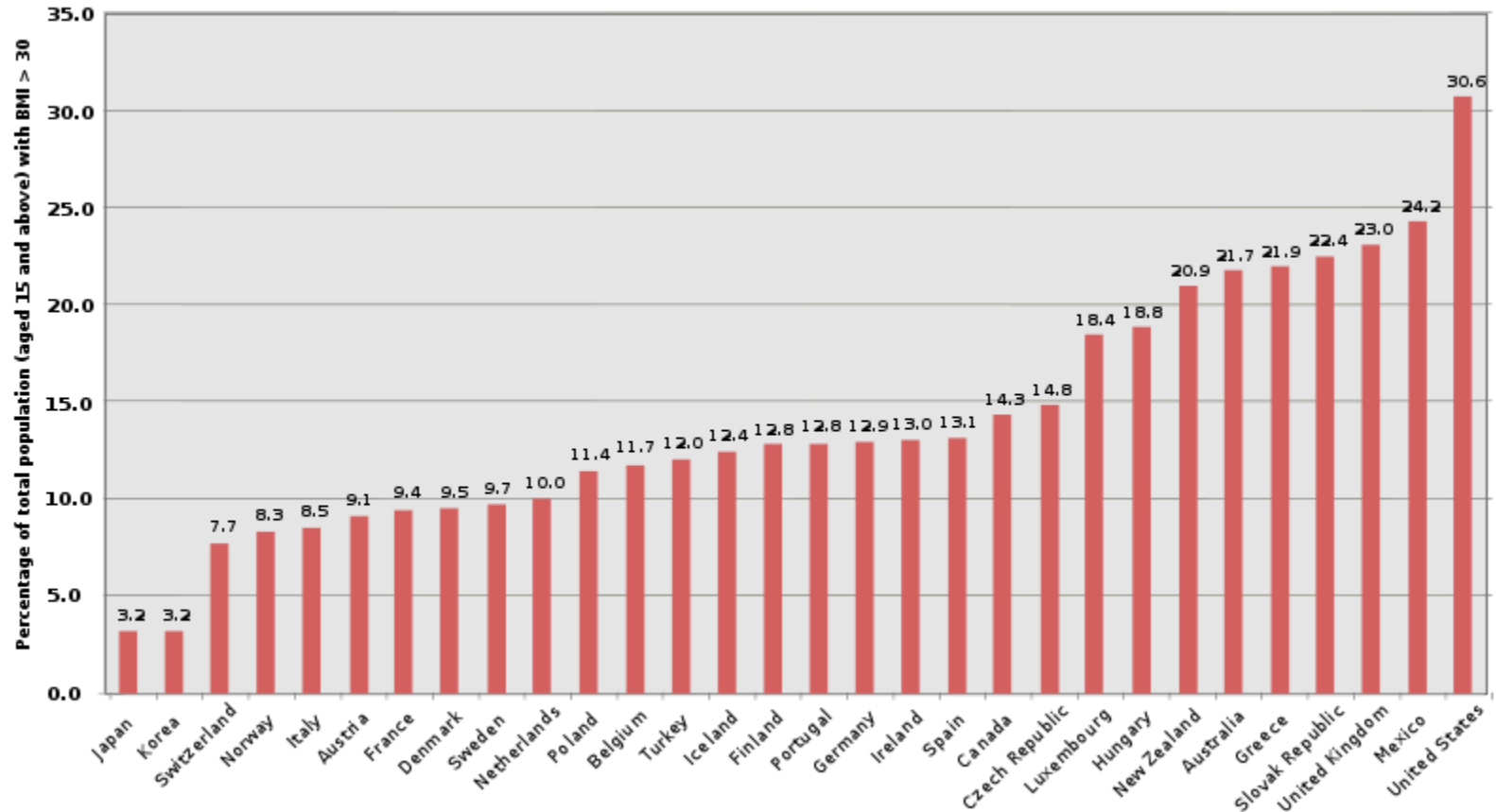
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Interesting fact from the video

- Obesity costs you Americans 10 percent of your health care bills. 150 billion dollars a year. In 10 years, it's set to double. 300 billion dollars a year.

Comparison of Obesity Rates by Country



The country with the highest obesity is _____?

- 1. The US
- 2. Brazil
- 3. China

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Which country has the lowest incidence of obesity?

- 1. Britain
- 2. Japan
- 3. Australia

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Webliography

Jamie Oliver's TED Prize wish: Teach every child about food	http://www.ted.com/talks/jamie_oliver.html
File:Obesity country comparison - text.svg	http://www.ted.com/talks/jamie_oliver.html